



PO Box 1197  
Helena, MT 59624-1197  
www.montanadieteticassociation.org

SENATE AGRICULTURE  
EXHIBIT NO. 5  
DATE 2-10-09  
BILL NO. SB 232

## MONTANA HUCKLEBERRY WHOLE WHEAT PANCAKE

### Ingredients

- 1 ½ Cups Montana whole wheat flour
- 1 large egg
- 1 ½ teaspoons baking powder
- 1 1/3 cups buttermilk
- ¼ teaspoon salt
- 1 tablespoon brown sugar
- ¼ teaspoon baking soda
- 1 tablespoon oil
- 1 Cup Montana Huckleberries

### Instructions

- 1) Preheat griddle.
- 2) In a medium bowl stir or sift dry ingredients together.
- 3) Beat egg, buttermilk, brown sugar, and oil together.
- 4) Stir buttermilk mixture into dry ingredients until just moist  
(Batter should be slightly lumpy).
- 5) Pour ¼ cup batter for each cake onto a lightly greased, hot griddle.
- 6) When bubbles appear and pancake is starting to brown, sprinkle  
1-2 tablespoons huckleberries on the pancake.
- 7) Turn gently one time only.

Yield – 12 – 4 inch pancakes.

### Nutrition Analysis:

Serving Size: 3 (4") pancakes  
Calories: 246  
Total fat: 6 g  
Calories from Fat: 16%  
Saturated Fat: 0 g  
Trans Fat: 0 g

Total Carb: 15 g  
Dietary Fiber: 6 g  
Sodium: 537 mg  
Protein: 9 gm  
Folate: 27 mcg  
Iron: 3 mg

\*Huckleberries also provide 1% of Vitamin C per serving

Adapted from "Light as a Feather Pancakes" courtesy of the Wheat Foods Council found at the Eat Right Montana Coalition web site at: [http://www.eatrightmontana.org/PDF/ERMNewsletter2008\\_02.pdf](http://www.eatrightmontana.org/PDF/ERMNewsletter2008_02.pdf)

2/10/09

Montana Farmers Union wishes to go on record in support of SB 232. As a member of the Montana Food Council, Board member of the Montana and promoter of increasing use of Montana grown food, we believe this is one more opportunity to eat healthy foods.

We also applaud Sen Squires for her willingness to involve students in the legislative process as a piece of their education.

It is appropriate to have this bill heard in Senate Agriculture as we all know that if you eat, you are involved in Agriculture. We urge your support of SB 232.

Chris Christensen - Lobbyist  
Montana Farmers Union

Mr. Chairman and members of the committee, on behalf of myself and <sup>other</sup> ~~the~~ Montana employees of General Mills, thank you for the opportunity to speak in support of this bill.

As you probably know, General Mills has owned a flour mill in Great Falls since 1928. The hard wheat mill employs 43 people and produces approximately 350 million pounds of flour a year. We make over 20 kinds of flour including whole wheat and organic whole wheat, and also semolina made from durum wheat for our neighbor, Pasta Montana. The Great Falls mill is the company's sole producer of 5# bags of Gold Medal whole wheat flour, and we ship to all 50 states. We sell flour in bulk via trucks and railcars, and also pack 50#, 10#, and 5# bags, and recently added a 2# pack line.

Just this year, General Mills was ranked among Fortune Magazine's list of top 100 best companies to work for. As a native Montanan, I appreciate the opportunity to work for a company that provides excellent pay, benefits, and job opportunities, especially in these turbulent economic times.

We recommend passage of this bill for several reasons:

1. Whole wheat huckleberry pancakes <sup>are</sup> ~~can be~~ made with whole wheat flour produced right here in Montana.
2. The flour is made from winter and spring wheat grown in our state.
3. As you have heard, whole wheat pancakes provide greater health benefits than pancakes made from regular flour. General Mills supports this "heart healthy" version of the pancake.

Thank you for your consideration of this bill.

DIANE MEYERS  
GENERAL MILLS